



## CLAIMS

I claim:

1. A Fast Arm-Swing Tether system comprising  
a frontal protrusion means and tether means;  
with said frontal protrusion means worn by an athlete;  
with the frontal protrusion means effective in providing in front of said athlete rigid  
support for hanging said tether means; and  
with the tether means effective in supporting the athlete's hands so as to enhance hand  
pendulum motion.